

## Beale honors heroes

By 2nd Lt. Ashley Peltier  
9th RW Public Affairs

"However long it takes, wherever it takes us, whatever the cost."

It's these words that reflect the theme of Sept. 15, National Prisoner of War/Missing in Action Recognition Day. Americans pay tribute to those men and women who fought bravely and willingly put their lives in harms way to defend our nation's cause.

Since World War I, America has had more than 144,000 men and women taken as prisoners of war or declared missing in action, and more than 600 people work every day to locate and identify the American service members still missing.

On this day Americans remember those who have not returned, and thank all those who have made it home.

Throughout history, American patriots have risen to answer the call when the enemies of freedom

have jeopardized our liberties. Military records are filled with numerous heroes who put love of country above their own well-being.

In answering the call to defend, generations of brave Americans have left their homes and their families to protect the nation and the ideals that this nation was built upon.

Beale has a rich history as well, dating back to 1941. Beale provided young men with the equipment and training necessary to fight over seas.

Today, Beale is still training men and women, and sending them overseas, to help win the global war on terror.

Never forget the bravery, suffering and profound devotion to duty of our POWs and MIAs that have earned them a permanent place in the hearts of all Airmen, soldiers, and of all Americans.

Their professionalism and military bearing in unimaginable cir-

see POW page 3



(Left to right) Airmen 1st Class Jesse Nelson, Carlos Estrada and Michael Murphy prepare for Reveille Friday at the base flagpole in honor of Prisoner of War and Missing in Action Recognition Day. (Photo by Major Paul Bellione)

## Beale finishes 101 critical days without fatalities

By Airman 1st Class George Cloutier  
9th RW Public Affairs

The 101 Critical Days of Summer has come to an end, and as Beale members put away their beach towels and sunscreen, the 9th Reconnaissance Wing safety office continues to urge everybody to keep safety in the forefront of their minds.

The 101 Critical Days of Summer is the period between Memorial Day and Labor Day when there is historically an increase in off-duty injuries caused by increased activity and risk taking.

During this year's 101 Critical Days, Beale had

seven reportable mishaps, according to Freddie Flemming, chief of the 9th RW safety office.

Of the seven mishaps reported over the summer, all were "Class C," meaning there were no fatalities.

Four of the incidents involved motorcycles, one was an automobile accident and the last resulted from a fire in base housing.

None of these incidents involved alcohol.

"With the Labor Day weekend behind us, I want to pass along my personal thanks for your hard work and dedication during the 101 Critical Days of Summer," said Brig. Gen. H.D. Pumbo Jr., 9th RW commander.

Mr. Flemming added that even though the summer was a success, one mishap is still too many.

"Mishaps can be prevented if everyone keeps safety in the forefront of their minds; not just in the 101 critical days of summer, but year-round," Mr. Flemming said. "Everyone should focus on exercising personal risk management and operational risk management at all times."

When it comes to ORM, one area of particular interest to wing safety is activities on the roadways.

"All motor vehicle safety, but specifically motorcycle and recreational vehicle safety, is a very

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*Congratulations to General Pumbo on his promotion! A ceremony will be held today at 3 p.m. at Recce Point.*

*CE will begin mosquito fogging Tuesday. Base housing will be fogged Thursday from 6:30 to 7:30 p.m.*



## OPEN LINE



*The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open*

*Line. If you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.*

**Open Line number:**

634-8888

**Open Line e-mail:**

9RWPA@beale.af.mil

**Col. H. D. Pumbo, Jr. is the 9th Reconnaissance Wing commander at Beale. (Photo by John Schwab)**

# Be Proud of your Service

*By Lt Col Mike Masucci  
1st Reconnaissance Squadron commander*

It was about six months after 9/11 when a young staff sergeant walked into my office and asked if I had a few minutes to discuss an issue with him.

As has been my policy for all four of my commands, if the door is open, I have a few minutes for any of my Airmen. He shut the door, and I asked him to take a seat.

He proceeded, very reluctantly, to let me know that he was not going to pursue re-enlistment. What caught me off guard was not the unexpected announcement, but rather the feeling I got that he felt guilty or inadequate in some way.

As we discussed his situation he became fairly emotional and it became very apparent that he had put a lot of thought into this decision because it involved his family and personal situation as well -- as it should. Again, it was obvious that he was behaving as if he was letting me and the Air Force down.

I very quickly tried to relieve him of his apprehension. Our unit at the time had just come off a very busy (post 9/11) time as had many other units in the military. We were a small developmental test and evaluation and quality control de-

tachment responsible for all U-2 upgrades, sustainment, and depot level maintenance.

I'm unable to count how many weekends and long days we had put in to prepping systems and aircraft for the Global War on Terror -- it had been many. Prior to this staff sergeant coming to my unit, he had spent eight years in the Air Force, well past his initial contract and had deployed with several weapons systems, including the U-2, worldwide. He had done his part.

I spent the next few minutes with this Airman reminding him of his service and how thankful we, the Air Force, are for it. We went over all that he had accomplished and how significant his part had been, especially in the months after 9/11, in ensuring that the Air Force had the best maintained weapon systems for the task at hand.

He recounted to me that he was under the impression that I was going to try and talk him into staying and potentially use "fear, sarcasm, and ridicule" to do it. He had heard of other commanders using those tactics to get another enlistment out of young Airmen.

I laughed a little at that at the time, but afterwards, I became quite upset that there may be supervisors and command-

ers who bear that attitude towards our young Airmen. I always remind the Airmen that they will be missed, and ensure they have considered all options and understand all the consequences of this action. I sometimes clarify a misconception and that has changed someone's mind in the past, but I never try to make him or her feel uncomfortable or "wrong" in their decision. I always recommend they look into the Reserves or other government service/contractor options: most already have and many do choose to continue to serve in that manner.

This scene repeated itself many times with both officer and enlisted in my years of command and each time I thank the service member for their service and wish them the best of luck.

At any point in time there is less than 1 percent of the U.S. population in the service. Each year less than 0.2 percent of eligible civilians enter either the enlisted or officer corp. So, whether you serve four, six, 10, or 20 or more years ... be proud of your service.

You have answered the call and "stepped up" when your country and your fellow Airman, Soldiers, Sailors, and Marines needed you!

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The editorial content is edited, prepared, and provided by the 9th RW public affairs division, Beale AFB, Calif. The staff can be contacted at (530) 634-8887 or via e-mail at [high.flyer@beale.af.mil](mailto:high.flyer@beale.af.mil).

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<http://highflyer.theunion.com>

## Sortie Update

as of Sept. 12

|              | 1st RS |      | 99th RS |
|--------------|--------|------|---------|
| Aircraft     | U-2    | T-38 | U-2     |
| Goal         | 55     | 225  | 113     |
| Flown        | 21     | 85   | 53      |
| Ahead/Behind | -1     | 1    | 7       |

**BAADD SAVES**

98

THIS YEAR

CALL 634-5555 FOR A SAFE RIDE HOME

## WHERE IN THE WORLD IS TEAM BEALE?





**SAFETY from page 1**

important safety issue right now," Mr. Flemming said. "There are a wide variety of sports and recreation activities available during the fall and winter months that can sometimes be very dangerous. When participating in these events, people should be sure to follow the proper safety measures."

Before beginning any recreational activity, people should consider their familiarity with it.

The level of fitness, the condition of the equipment people use and its location must also be kept in mind before beginning activities.

"As always, we need to

stay focused on 'Mission First' and keep ourselves healthy to meet the demands of our jobs," General Polumbo said. "You've done an exceptional job and I want each of you to know how much I appreciate your efforts. Thanks for a safe summer!"

For more information on Beale's safety day scheduled for Friday, turn to page 14 or call the 9th Reconnaissance Wing Safety office at 634-4026.

For more information about flight safety call 634-8873, for ground safety call 634-8881 or for weapons safety call 634-8875.

**POW from page 1**

cumstances should be celebrated not only one day a year, but everyday. Their spirit of hope and commitment to the defense of freedom is an example for all of us to respect and imitate.

Do not forget the families of those remembered on this day.

The courage and unwavering strength that these families have demonstrated in the absence of their loved ones, is exemplary. It is their steadfast faith and devotion in our nations' fight that inspire Americans.

POW/MIA Day is also a reminder to our current-day Airmen and soldiers that we are not going to forget them. That the nation, will do everything in its power to bring them home.

This is a promise to their families as well, a promise that they will never be forgotten.

# Secretary, chief send AF birthday message

WASHINGTON— *The following is a message from Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley on the Air Force's 59th birthday Sept. 18.*

Over the course of the past 59 years, the United States Air Force has established itself as the dominant force in air, space and cyberspace.

Our knowledge-enabled Airmen have revolutionized the way our nation defends itself and its allies across the full spectrum of threats.

Before our inception as an independent service, the Air Force responded wherever and whenever needed, whether for disaster relief, humanitarian operations or combat operations. We have only gotten better in time.

Our heritage is one of technological innovation, courage and dedication.

As we build on that proud heritage and look toward new and unlimited horizons, we will continue to deliver unmatched air, space and cyberspace dominance for the interdependent joint team and our nation.

Your tireless commitment, agility and profes-

sionalism are the foundation for our successes.

Without you, and the support of your families, we could not be the world-class team we are. America's Airmen exemplify our core values of Integrity First, Service Before Self and Excellence in All We Do.

As we lead into our diamond anniversary celebration, we count on our most valuable asset — our Airmen — to continue the magnificent work our forebears began.

We are confident you'll conquer tomorrow's challenges with the same courage, commitment and confidence that defined our first 59 years.

Thanks to our entire Air Force family across the globe: active duty, civilian, Guard, Reserve, retirees, veterans and all their families.

Happy birthday, Air Force!

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**"Our heritage  
is one of  
technological innovation,  
courage and dedication."**

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## WARRIOR SPOTLIGHT

### Senior Airman Brenda Gray

**Unit:** 9th Communications Squadron

**Job:** Ground Radar Systems Journeyman

**Hometown:** Phoenix

**Air Force goals:** To excel within my career field, continue my education and help as many people as

possible along the way.

**Time in the Air Force:** Three years, eight months

**Hobbies:** Fishing and gardening

**The thing I like best about Beale**

**AFB:** My squadron



Senior Airman Brenda Gray checks the operating voltage and currents of the transmitter in the Precision Approach Radar (Photo by Airman 1st Class George Cloutier)



# Air Force Band streaming music on line

By Maj. David Malakoff  
11th Wing Public Affairs

**BOLLING AIR FORCE BASE, D.C.** — Chief Master Sgt. David Nokes worked 15 months to take an idea and, with the help of the U.S. Army, turned it into a viable product.

The result is Air Force Bandstand, a 24-hour per day Internet streaming radio service that broadcasts music by the Air Force Band and also includes news from the Air Force News Agency.

"Our Air Force Bandstand is one of several broadcast projects we've initiated in cyberspace in addition to some new but traditional radio and television products," said Col. Dennis Layendecker, U.S. Air Force Band commander and music director.

"However, Bandstand is unique because it can serve audiences we know are increasingly turning to cyberspace for their entertainment and news — our deployed Airmen."

Bandstand, located on the Internet at [www.usafband.com/Bandstand.cfm](http://www.usafband.com/Bandstand.cfm), features format music programming designed for a variety of audiences — jazz, classical, rock, pop, country and, of course, patriotic music, Colonel Layendecker said.

To listen to Air Force Bandstand, "an individual will need a

computer with a sound card and speakers and a broadband connection to the Internet," Chief Nokes said. "Bandstand works with all major media player plug-in software including Windows Media Player, Real Player and QuickTime"

The idea to stream band music onto the Internet was something Chief Nokes thought of for several years.

As a bandsman (he's a vocalist currently serving as the chief of strategic communications for the U.S. Air Force Band), Chief Nokes said his job is communication.

"I was looking for ways to make our Web site a better communication tool for the Air Force, not just a link to see the band's schedule of events," Chief Nokes said. "We wanted our Internet outreach to be something designed to respond in a day and age when more and more people are turning to the Internet for news and entertainment."

In researching how to stream the band's music onto the Internet, Chief Nokes realized the two biggest challenges he faced were the licensing of music and the infrastructure needed for streaming the music.

It was during this research that he came upon an unlikely ally in the music streaming business: the U.S. Army.

"I found out the Army Band

had been streaming their music online, so I contacted them to find out how they overcame the two key challenges that I had discovered," Chief Nokes said.

"Chief Nokes came to us and showed an interest in doing what Soldiers Radio was doing with the Army Band, so we became a team," said Clark Taylor of the Soldiers' Media Center at Fort Belvoir, Va.

"Soldiers' Radio and Television, as part of Army Public Affairs, had years ago negotiated the rights from the music license agencies to Web cast music," Mr. Taylor said. "So we included the Air Force Bandstand as part of the SoldiersRadio.com programming and Chief Nokes was off and running."

Being incorporated into the Army's programming allowed the Air Force to use music copyrighted with Broadcast Music Inc., American Society of Composers, Authors and Publishers, and the Society of European Stage Authors and Composers.

Additionally, the Army is allowing the Air Force to use their streaming infrastructure, saving its younger sister service at least the \$12,000 the Army needed to start its program.

In other words, the Air Force Band is providing programming and Soldiers Radio provides the streaming media service.

"Since the Army already had secured licensing and infrastructure for their streaming, we were able to build from there," Chief Nokes said.

The Army has yet to establish a system to track usage of the streaming, but Chief Nokes said the Air Force Band's Web site averages about 40,000 hits or visits per month.

"The most recent statistics we have show that the average time for each visit to our web site is about nine minutes, and about 80,000 MP3 files are accessed per month," Chief Nokes said. "In analog terms, and to relate it to traditional compact disc recordings, that would be the equivalent of 8,000 CDs being distributed per month, and these are to people who have specifically contacted our Web site. That is great success. We hope to have the same success with Bandstand."

Colonel Layendecker agreed.

"Air Force Band broadcast operations are a critical component of our unit's total mission as they help us create efficiencies in line with Air Force Smart Operations 21," Colonel Layendecker said.

"By harnessing the potential of mass media, we can reach strategic audiences worldwide, audiences who might otherwise never enjoy a positive opportunity to experience America's Air Force."

## Strategic communication applies to every Airman

By Staff Sgt. Julie Weckerlein  
Air Force Print News

**WASHINGTON** — All Airmen have within themselves the ability to be strategic communicators and share the Air Force story with the public, said the Air Force's director of strategic communication at the Pentagon.

"Airmen should be proud of who they are and what they do, and they should be proud to share that with others," said Brig. Gen. Erwin Lessel III, who leads the Secretary of the Air Force's Office of Strategic Communication.

"But by nature, we are quiet warriors," said General Lessel. "We do not beat our chests and talk about what we do. It's going to take a culture change, but it helps the public better understand the Air Force when they hear from the Airmen themselves."

In an era of technology and 24-hour news cycles, the public has come to expect a continual flow of information, especially from its military. Secretary of the Air Force Michael W. Wynne, along with Air Force Chief of Staff General T. Michael Moseley, realized a new office had to be created to specifically focus on strategic communication.

"Our strategic communication efforts will build better relationships with key audiences and the support that is critical to operational success, force modernization and the development of our most precious resource: Airmen," wrote Secretary Wynne in a recent Letter to Airmen.

The new Office of Strategic Communications merges various career fields that focus on providing information: public affairs, videography, photography and broadcasting. But General Lessel said a common misconception is that his office alone is responsible

for sharing the Air Force story with the public.

"The whole idea of strategic communications is to use every opportunity to get our messages out there," he said.

"This can include recruiting, in speeches, contacts with the media, papers, blogs and the Internet. Every Airman can become an Air Force spokesperson at any time."

He said his office's goal is to teach Airmen how to effectively communicate with the public.

Secretary Wynne agreed in his letter that such interaction is valuable to both Airmen and the public alike.

"Your stories resonate the most with local newspapers, schools and rotary clubs," he wrote.

"The American public looks up to you as a model of integrity, and by sharing your experiences, you are the best spokesperson for the Air Force."



# Community Briefs

## Deadline for High Flyer submissions

The deadline for submissions to the High Flyer is Friday the week prior to the desired publication date. Submissions are printed on a space available basis.

Submissions after the deadline will not be published until the following week. News briefs will run for no more than three consecutive weeks. For questions or more information, call 634-8887.

## Official duty travelers

If traveling on official orders and using the services of Omega World Travel be advised the transaction fee charged each traveler has recently increased from \$19 to \$21. This remains a reimbursable expense. Also, Omega World Travel is committed to providing quality and timely customer service for both defense travel system and non-DTS travel.

For non-DTS travel arrangements, if you experience problems making your travel arrangements, the Travel Management Office Passenger Travel Clerk is there to assist. DTS travel problems should be first addressed to your ODTA within the unit if the problem is technical. If it is an entitlement issue, contact the Passenger Travel Clerk.

If taking leave in conjunction with official travel you must visit the Passenger Travel Clerk to get a cost determination letter on the amount of reimbursement authorized. Customer satisfaction issues with Omega service should be addressed on a customer satisfaction survey available in the Administrative Support Flight and addressed to the Quality Assurance Person, Bill Hoerman at 634-5134.

## Commissary holiday hours

The Beale Commissary will implement a new holiday schedule beginning in October. The commissary will be closed on the Tuesday following Columbus Day, Christmas, New Year's Day, Martin Luther King Day, Presidents Day, Memorial Day and Labor Day. The commissary will be closed on Thanksgiving and the 4th of July, but will be open Veterans Day. For more information, call the commissary at 634-2422.

gining in October. The commissary will be closed on the Tuesday following Columbus Day, Christmas, New Year's Day, Martin Luther King Day, Presidents Day, Memorial Day and Labor Day. The commissary will be closed on Thanksgiving and the 4th of July, but will be open Veterans Day. For more information, call the commissary at 634-2422.

## Separating Airmen

Thinking of leaving the Air Force? The key to transition success is knowledge of available services and a firm understanding of how to use them. By law, all transitioning military personnel are required to receive pre-separation counseling no less than 90 days prior to leaving active duty.

However, an effective transition requires a lot of planning and action. Consequently, it is strongly recommended that separating Airmen set up a pre-separation counseling appointment at least 180 days prior to separation.

During pre-separation counseling, Airmen will learn about their benefits and rights, as well as available services.

For more information or to schedule an appointment, call the Airman and Family Readiness Center at 634-2863.

## Girl Scout Registration

A Girl Scout registration for girls, Kindergarten through 12th grade, will be held today from 6 to 7:30 p.m. at the Foothills Chapel. The Girl Scout program offers many experiences in government, science, math, technology, art, culture, community service, health, sports and the environment. For more information, call Dena Wakefield at 788-9098.

## U-Fix-It operations hours

The U-Fix-It store, located on

Flamingo Court, is now open Tuesdays through Saturdays from 9 a.m. to 5 p.m. For more information, call the store at 788-1470.

## Housing Inspection schedule

Contact the housing office as soon as possible upon notification of orders and a minimum of 45 days prior to preferred check-out date.

In order to get a needed appointment, please plan ahead. For more information, call 634-2793 or 634-2794.

## Covey training

Learn seven habits that can help enhance a professional career during Covey training, Sept. 26 to 28 from 7:30 a.m. to 4 p.m.

For more information, call 634-2863.

## Lawn watering schedule

The odd and even lawn watering schedule for family housing is still in effect. Addresses ending in an even number, water on even days of the month.

Addresses ending in an odd number, water on odd days of the month. There is no lawn watering on the 31st of each month. Daily watering hours are 5 to 10 a.m. or 7 to 10 p.m.

## NCO retraining program

Air Force officials have announced the start of the Fiscal Year 2007 NCO retraining program.

The program will target approximately 1,113 NCOs to retrain from Air Force Specialty Codes with NCO overages to AFSCs with NCO shortages.

If necessary, an involuntary phase will begin shortly afterwards.

Some restrictions apply, depending on grade and AFSC.

For more information, call your local Commander Support Staff.

## OB Orientation

Obstetrician Orientation is a class for all expectant parents and will be held the first Thursday of every month from 5-7 p.m. in the clinic conference room at the medical group clinic. Open to all ranks, this class will provide information and resources pertaining to prenatal care, first, second and third trimester, healthy eating tips and how to have a happy, healthy pregnancy. For more information or to register, call Roberta Trumm at 634-0626.

## AF Undergraduate flying training

Applications are now being accepted for the Air Force undergraduate flying training program. For more information call the base formal training element at 634-8710. For general information on UFT, call DSN 665-2330

## Aero club information

Beale Aero club classes have now begun. The classes are FAA airframe and power plant, FAA inspection authorization, FAA inspection authorization renewal, FCC general radio telephone operator's license, and radar endorsement. For more information or pricing call or e-mail, Jim Doyle at 346-6792 or jpdoyle@ae-sa.com or call the Beale Aero Club at 634-9011

## Block I training

The 9th Support Division is scheduled to conduct Block I General Supply, IIA Bench Stock and IIB Repair Cycle training on Oct. 11 from 8 to 10 a.m. in Bldg. 1086, room 527.

For questions or concerns regarding Zero Over Pricing, bench stock, equipment, research, records maintenance and SMART card call Mike Garcia at 634-4661, Robert Griffin at 634-9496 or Debbie Schweitz at  
*see COMMUNITY, page 6*

## COMMUNITY from page 5

634-2453.

Block III, Equipment Custodian training is now done online at <https://online.aft.edu/msg>. Trainees must enroll for Equipment Custodian and deployed custodian training if they are tasked to deploy as an equipment custodian.

### Cell phone use

Vehicle operators on Beale and operators of government-owned vehicles are not allowed to use cell phones unless the vehicle is safely parked or they are using a hands-free device.

Each violation is worth three points against base driving privileges. For more information, call the 9th Security Forces Squadron at 634-2111.

### Voluntary assignment applications

Due to the delay in the Program Budget Decision 720 authorization reductions, the Air Force has further delayed the temporary suspension of the Voluntary Assignment Applications until Sept. 30. Personnel may continue to apply and Military Personnel Flights will update MilPDS to reflect application pending status; however, consideration of the application will not occur until after Sept. 30 as manning projections could change significantly based on authorization reductions.

Short notice Follow-on and home-basing requests and First Term Airmen Base of Preference requests

will be worked on a case-by-case basis. These requests should be sent via email to the appropriate Air Force Personnel Center assignment NCO. For more information, call DSN 665-2557 or e-mail [afpc.dpaas3@randolph.af.mil](mailto:afpc.dpaas3@randolph.af.mil).

### Wingman Training

Wingman training is scheduled for Oct. 3 at 8 a.m. Attendees can learn to be an outstanding wingman to a Beale member on their return from a deployment. Class is held at the Airman and Family Readiness Center. For more information or to register, call 634-2863.

### Improving Credit, Reducing Debt and Creating a Financial Plan

A credit class is scheduled for Oct. 12, from 2 to 4 p.m. Review a credit report with a certified credit report reviewer. Learn how to improve credit and correct errors in a credit report. This interactive computer training is located in the computer room of the Education Center. Attendees are asked to bring the most recent Leave and Earning Statement, all their bills and a current bank statement. For more information or to reserve a space, call 634-2863.

### Bundles for Babies

Bundles for babies is scheduled for Oct. 18 from 5 to 7:30 p.m.

Any active duty Air Force and family members about to have a baby are invited to attend. Instruction

includes tips on prenatal care, what to expect when expecting, financial changes and planning, avoiding scams that target new parents and coping with stresses of new parenthood.

For more information or to register, call 634-2863.

### Yuba Levee Repairs - Road Closures

Simpson Lane is scheduled to be closed on October 9 for 10 days. Hampton-Smartsville Road will close after Simpson Lane is reopened and is scheduled to be closed for two weeks. McGanney Road is now closed indefinitely.

### Volunteer of the Quarter

The volunteer of the Quarter award has been established to recognize Beale personnel for their volunteer service and to enhance their visibility throughout the base.

The award consists of four categories: military, civilian, community and youth volunteer. All military, federal civilians, family members and retirees are eligible to be submitted for the award.

Awards should be submitted on an Air Force Form 1206, Nomination for award, in an original and four copies. Nominations should be limited to five to 10 bullet statements highlighting the volunteer's most significant accomplishments within the July to September quarter.

All packages are due to the Airmen and Family Readiness Center

by Oct. 5. For more information, call Elizabeth Kim at 634-2863.

### Alzheimer's memory walk

An Alzheimer's memory walk is scheduled for Oct. 7 at the California state Capitol building.

The walk is held every year in an effort to raise money for Alzheimer research.

For more information or to make a donation, visit <http://www.alz.org/memorywalk> or call 634-4848.

### Employment Opportunities at the Beale Chapel

The Beale Chapel is currently hiring a Catholic religious education coordinator, Protestant religious education coordinator, 9 a.m. praise service musician, 9 a.m. praise service music director, 11 a.m. gospel service music director, 11 a.m. gospel service musician, 10:30 a.m. Catholic Mass musician and a 5 p.m. Catholic Mass musician.

For more information, call Senior Airman Brian Ramirez at 634-4701 or Staff Sgt. Joseph Cook at 634-2472.

### Hispanic Heritage Month events

In celebration of Hispanic Heritage Month a car wash fundraiser is scheduled for Friday from 10 a.m. to 2 p.m. in the Base Exchange parking lot.

A free Latin dance is also scheduled for Friday from 9 p.m. to 1 a.m.

see BRIEFS, page 7



### Sept. 15 puzzle answers

|           |         |           |     |
|-----------|---------|-----------|-----|
| URN       | FFA     | SAP       | CAR |
| TEA       | AOL     | ONO       | APD |
| EDS       | BURUNDI | NAS       |     |
|           | HARLEM  | ORE       |     |
|           | DISABLE | WET       |     |
| J         | PAC     | DRIVER    |     |
| RUE       |         | YOUARENOT |     |
| IDEAS     |         | GNAWS     |     |
| FORGOTTEN |         | PEP       |     |
|           | EDIBLE  | BRAD      |     |
| PAD       | ESTONIA |           |     |
| POW       |         | ONAGER    |     |
| EPA       | TORNADO | OLD       |     |
| EPR       | AAA     | TET       | MIA |
| LYE       | PRY     | ERS       | END |

**PLUMAS LAKE - NEW LISTING**  
1857 sq. ft. \* 4 bedrooms \* 2 baths  
Asking \$329,900  
Built 2004 \* Short drive to Beale  
\* Upgraded counter tile \* Lots of storage  
\* Landscaped backyard with patio  
Great value at this price!

See 3-D tour, pics & info at:  
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**Proud Beale spouse!**



**BRIEFS from page 6**

at the Recce Club.

A Hispanic Heritage luncheon is scheduled for Oct 12 from 11:30 a.m. to 1 p.m. at the Recce Club.

For more information, call Master Sgt. Alicia Hatch at 634-0830.

**Wireless internet**

Wireless high-speed internet will soon be introduced in the Gold Country Inn Lodging Facility, Temporary Lodging Facilities, Visiting Airmen's Quarters and Visiting Officer's Quarters. For more information, call Tech. Sgt. Terrel Love at 634-5106.

**Stress Management**

The Mastery of Anxiety and Stress class is held the first Thursday of every month from 2 to 4 p.m. at the Health and Wellness Center. This class offers a broad range of relaxation techniques designed to help effectively combat the stress and strains of everyday life. For more information, call 634-3500.

**Relaxation room**

Unwind in the Health and Wellness Center's ergonomic massage chair. The massage chair is available on a walk-in basis throughout the week. For more information, call the HAWC at 634-3500.

**Tobacco Cessation**

The Health and Wellness Center offers a free tobacco cessation program.

This program focuses on identifying and changing the tobacco use habit of addiction in conjunction with the American Lung Association. To register or for more information, call the HAWC at 634-3500.

**Youth soccer**

Youth soccer games are held every Saturday from 9 a.m. to noon at the soccer fields behind the Youth Center. For more information, call the Youth Center at 634-4953.

**Mosquito fogging**

The 9th Civil Engineer Squadron will be fogging the flight line Tuesday from 6 to 7 a.m. Main Base and base gates will be fogged on Wednesday from 6 to 7 a.m. Base housing will be fogged on Thursday from 6:30 to 7:30 p.m. Please ensure that persons avoid the fogging truck and direct exposure to the fog. For more information, call 634-2714.

**Administrative Support Flight hours**

The operating hours for the 9th Support Division's administrative support flight are 7:30 a.m. to 4:30 p.m. Monday, Tuesday and Friday and 8:30 a.m. to 4:30 p.m. Wednesday and Thursday. Although the doors close at 4:30 p.m., customers needing assistance from Omega World Travel, TMO Passenger Travel, Personal Property counselors and identification cards are requested to arrive in time to complete their transactions prior to closing. Customers

must be aware that the sign-in lists for these services may be closed earlier than 4:30 p.m. when there is a backlog of customers waiting. If planning a late visit it is recommended to call ahead at 634-3187. For more information or questions, call Bill Hoerman at 634-5134.

**Air Force Sergeant's Association car wash**

The Air Force Sergeant's Association will be having a car wash Thursday at the Base Exchange parking lot from 10 a.m. to 2 p.m. For more information, call Master Sergeant Roger Barnett at 634-8308.

**Annual Health Fair**

Beale's annual health fair is scheduled for Oct. 26 from 10 a.m. to 2 p.m. at the Community Center. There will be over 30 vendors, screenings for cholesterol, diabetes, blood pressure and more. For more information, call 634-3500.

## *"What do you like/love about the fall season?"*



**Staci Conrad,**  
TJ's associate

"I love snowboarding around this area. I can't wait for the snow."



**Nicole Hillibush,**  
TJ's manager

"Family get-togethers, good food and cold weather."



**Amy Frew-Kuhns,**  
Community Center  
recreation assistant

"Of course the weather change. It is perfect weather for coffee, cozying on the couch and Sunday football. I also love the colors of fall and the Halloween decorations."



**Brittney Nonalis,**  
Community Center  
recreation assistant

"I like fall because I like taking my children to the pumpkin patch. The kids can ride the hayrides and we also like to take pictures and eat the candy apples and pie."



**Jim Buck,**  
Community Center  
director

"Salmon season and football."

### **Foothills Chapel**

*15001 Camp Beale Highway  
(Family housing area)*

Protestant "Praise" worship service  
Sundays, 9 a.m.

(includes "Parents' Nursery" and  
children's church)

Catholic Mass

Sundays, 10:30 a.m. and 5 p.m.

Catholic Reconciliation

Sundays, 10 a.m. and 4 p.m.

Catholic daily Mass

Mondays through Fridays, 11:30 a.m.

### **Valley Chapel**

*6199 C St. (Main base)*

Islamic worship

Every other Friday, 1 p.m.

Gospel Protestant worship service

Sundays, 11 a.m.

(includes children's church)

**Protestant Programs:** Sunday School (10:30 a.m.) at Lone Tree Elementary. AWANA on Mondays and JV-Varsity on Tuesdays, 6-8 p.m. at Foothills Chapel. Protestant Youth meets Tuesdays at 5:30 p.m. at the Valley Chapel and Sundays at 6:30 p.m. at Foothills Chapel.

**Protestant Bible Study Groups:** Men - Second & fourth Sunday, Valley, 5 p.m. and Wednesday, Valley, 7 p.m. Women - Tuesday, 9-11 a.m. Foothills (children welcome) Thursday, 6:45 to 8 p.m., Valley.

**Catholic Programs:** Religious Education - preschool-12, Sundays 9 a.m. at Lone Tree Elementary School. RCIA, Catholic Youth, CWOC, CMOC and Adult Bible Study call Leila at 634-4707.

**MOPS (Mothers of Preschoolers):** Second & fourth Thursdays at Foothills Chapel.

*Questions concerning marriages, baptisms, choirs, Navigators, and Officer Christian Fellowship can be directed to the chapel staff at 634-4701.*



# Beale movies

634-3165



## Friday evening Little Man (PG-13)

Shawn Wayans, Marlon Wayans

Darryl Edwards is so eager to become a father that he mistakes a short, baby-faced thief on the lam for an abandoned toddler. He and his wife take the "baby" into their home while the thief's partner tries to help him recover a stolen diamond. 92 min



## Saturday evening Garfield: Two Kitties (PG)

Bill Murray, Jeniffer Hewitt

When Garfield follows his owner, Jon Arbuckle, to England, the U.K. may never recover, as Garfield is mistaken for a look-alike, regal cat who has inherited a castle. Garfield savors the royal treatment afforded by his loyal four-legged subjects, but his reign is in jeopardy. The nefarious Lord Dargis is determined to do away with Garfield, so he can turn the castle into a resort. Garfield's bigger, better, more purrfect world is soon turned upside down in this tale of two kitties. 80 min.



## Wednesday evening Monster House (PG)

Steve Buscemi, Nick Cannon

Although no adults will believe them, three children realize a neighbor's house is really a monster. They must find a way to stop the house and save the neighborhood. 91 min



## Chief's Pick

Staff Sgt. Tonya Griffeth, 9th Operation Support Squadron, receives the Chief's Pick award from Chief Master Sgt. Michael Morey, 9th Reconnaissance Wing command chief. The Chief's Pick is given in recognition for outstanding dedication, service before self and overall positive impact made on the enlisted corps. (Courtesy photo)



## Diamond Sharp Award Recipients

Airman 1st Class James Peacock  
9th Reconnaissance Wing

Airman 1st Class Robert Biermann  
9th Reconnaissance Wing

# 0-0-1-3

Movies are being shown  
at the Community Center  
as the Beale Bijou  
undergoes renovations.  
Evening movies play at 6 p.m.  
unless otherwise specified.  
The cost is free.

Planning a vacation?  
Need to get away?  
visit [www.afvclub.com](http://www.afvclub.com)

# A look back: Beale becomes part of SAC



**A German Prisoner of War mends clothing on a sewing machine at Camp Beale** (Photo taken Nov. 17, 1944)

By Dr. Coy Cross  
9th Reconnaissance Wing

*Editor's note: This article is part two in a four part series about Beale's history.*

By May 1956 the Special Category Army with the Air Force unit had completed its renovation of Beale's infrastructure and facilities and departed the base. Eager to keep the base open, local officials spent \$30,000 in an intense campaign

to attract a new mission. Their efforts paid off on Aug. 14, 1956, when Headquarters Air Force announced Beale would become a Strategic Air Command base.

Several hundred state, local

and Air Force officials attended a groundbreaking ceremony the following April for a 12,000 foot runway at Beale. Completed in August 1958, the runway could accommodate the giant B-52 "Stratofortress" and KC-135 "Stratotanker," cornerstones of America's nuclear deterrence strategy.

To accomplish this new mission, the 4126th Strategic Wing activated here on Feb. 8, 1959, and Colonel Paul K. "P.K." Carlton assumed command three months later. On July 7 the first KC-135 arrived and Mrs. Carlton helped christen it the "Spirit of the Sacramento Valley." The B-52s came in January 1960.

To house and support the influx of new people, contractors built a new hospital, clubs, a school and housing for officers and enlisted people. The hospital, school and housing are still in use. The new construction also included an ominous-looking three-story building with no windows: the Semi-Automatic Ground Environment facility to house computers providing instant data for air defense.

Beale's new mission attracted Hollywood's attention in 1962 when Universal International Pictures selected the base as a movie location. Capitalizing on

Strategic Air Command's evolution into the nation's premier military force, A Gathering of Eagles depicted the challenges SAC's men and women faced daily. Stars Rock Hudson, Rod Taylor and May Peach spent six weeks at Beale filming the movie, including scenes on the flightline, at the alert facility and in the wing commander's home. The cast also included several military members and their families as extras.

Even while the base "rubbed elbows with the stars," Beale's mission was expanding to include a second leg of the nuclear triad: intercontinental ballistic missiles.

Survey teams had already selected sites near Lincoln, Chico and in the Sutter Buttes for nine Titan I missile silos. The first Titan arrived at Beale on Jan. 12, 1962. After an initial checkout at the missile assembly and maintenance shop, today's Aerospace Ground Equipment facility, it moved to the Lincoln complex. Shortly thereafter, Beale's 851st Strategic Missile Squadron passed its readiness inspection and became operational.

The Titans remained poised until they phased out in 1965. But Beale would soon have another important mission and a new wing.

## Latinos Unidos heads up National Hispanic Heritage Month

By Airman 1st Class George Cloutier  
9th RW Public Affairs

As fall begins to set in across America and people recognize that summer is behind us and cooler months await, there is also something else that Americans are taking time to recognize. National Hispanic Heritage Month is just that time.

Heading up the 2006 celebration is Beale's own Latinos Unidos, a group dedicated to spreading awareness of the Hispanic culture.

"Hispanic Heritage month is about awareness and reaching out to the Beale community," said Master Sgt. Alicia

Hatch, 9th Civil Engineer Squadron engineering, planning and construction flight superintendent. "It's especially paramount here in California where a large amount of our population is Hispanic."

National Hispanic Heritage Month, formerly National Hispanic Heritage Week, was approved by congress August 17, 1988.

The date of the celebration, which runs from Sept. 15 to Oct. 15, was chosen specifically to coincide with the founding of multiple Latin countries.

"The anniversary for the establishment of five Latin countries takes place on Sept. 15," said Angella Veve, admin-

istrative assistant for the 9th CES. "Nicaragua, Honduras, Costa Rica, El Salvador and Guatemala all gained their independence on that day. Sept. 16 also marks the independence of Mexico, and the 18th is the date for the independence of Chile."

National Hispanic Heritage Month is not only an opportunity for Hispanic Americans to celebrate their culture and heritage, but also a time for others to learn about one of the fastest growing cultures in America.

"You would think that by this time people would understand that the United States is a melting pot, but I think a lot of people still view the Hispanic culture

as being somehow separate from the rest of America," Sergeant Hatch said. "I think promoting awareness is huge. There are so many beautiful aspects of our culture that we want to share with people."

By promoting awareness, the members of Latinos Unidos hope to create a place where people can come to know one another and share traditions of their respective backgrounds, and hopefully do something for the morale and well being of the Beale community, according to Sergeant Hatch.

For more information on National Hispanic Heritage Month or Latinos Unidos, call Angella Veve at 634-2942.





## TJ's celebrates 1st birthday at Beale

(Left to right) TJ's manager, Nicole Hillibush, Kellie Stoeklene, TJ's owner, Rhonda Welch, Capt. Vince Shelton, 9th Services commander, Rachel Matthews, Tara Teeter and Brandee Mitchell cut TJ's first birthday cake Tuesday at TJ's. TJ's is located inside the Community Center and is open Mondays through Thursdays from 6 a.m. to 5 p.m. and Fridays from 6 a.m. to 2:30 p.m. (Photo by Airman 1st Class George Cloutier)

## AAFES program honors veterans

DALLAS- The Army and Air Force Exchange Service offers a new package of savings in an effort to recognize military retirees.

Many special offers and coupons, as well as a couple of sweepstakes opportunities, are just a few of the exclusive promotions military retirees will find in the new "Still Serving" booklet, scheduled to hit mailboxes in September. As part of its annual three-day salute to "those who served," AAFES began mailing more than one million of the packets during the third week of August.

At 42 percent, retirees represent the largest portion of the exchanges' 11.7 million authorized customers. As such, the booklet, chock-full of exclusive offers, is a proactive effort to retain exchange shoppers whose business continues to directly impact active duty families' day-to-day lives.

"Without year round retiree patronage, AAFES wouldn't have been able to return an average FY 05 per capita dividend of \$271 for every Soldier and Airman, in addition to the dividends paid to the Navy and Marine Corps," said Marie Clift, vice president of direct marketing. "Reminding retirees that we're here to serve them is critical in allowing AAFES to fulfill its dual mission of providing quality goods and services at competitively low prices and generating earnings to support Morale, Welfare and Recreation programs."

With discounts on gas, coffee, soda, jewelry, electronics, footwear, eyewear, flowers, hardware and clothing, competitive low pricing is exactly what the 2006 booklet delivers. Exchange Online Store and catalog offers have been incorporated into two of the booklet's 12 pages. In addition to money savings opportunities, veterans will also find details on how to enter two "Still Serving" Sweepstakes, with prizes that include a \$500 <http://www.aafes.com> shopping spree, a treadmill valued at \$589 and a \$499 music system.

"Last year, AAFES facilities at Beale contributed over \$100,000 to the MWR fund," said Mark Sheppard, manager of the Beale Main Store. "Our local retiree population was instrumental in helping us make that contribution. Our annual 'Still Serving' event at Beale is our way of saying thank you."

While the "Still Serving" booklet offers year round savings, PXs and BXs throughout the U.S. and participating European locations, will hold "Still Serving" celebrations with unique specials and events from Sept. 29 to Oct. 1. Locally, the Beale Main Store will kick off "Still Serving" September 29 with a cake cutting at the front of the Main Store at 1130. Throughout the weekend the store will provide free refreshments, local historical displays and information, chances to win prizes and bargains throughout the store.

"We'll have a lot going on that weekend," Mr. Sheppard said. "We have a huge bargain sale in the works and we've been working with our vendor partners to get great items to giveaway. We are working on finalizing all of our local activities, so real soon you should be able to pick up a flyer with all the details at any AAFES facility here on base."



# Beale members come out for fun and games at The Family Affair



(Above left) A child rockets down the water slide into a pool of water.  
(Above right) Capt. Shanna Latimer, 9th Mission Support Squadron, and daughter, Carolyn enjoy a nice ride on their motorized toilet bowl.  
(Right) William Cintron-Harrison pets goat, Cody, at the base picnic Saturday in front of the Community Center. (Photos by Airman 1st Class Robert Biermann)





(Top) A child covers his nose after his ride “takes care of business.”  
(Middle) Kids battle to keep soap out of their eyes while putting it in others in the foam pit.  
(Left) Staff Sgt. Ulises “Nacho Libre” Alfaro, 9th Civil Engineer Squadron, waits to get dunked in the dunk tank. (Photos by Airman 1st Class Robert Biermann)





## A little 'heart to heart'

Giovanni Fisher feeds mother, Lisa at the Heart's Apart dinner Sept. 14 at the Contrails Inn. Heart's Apart is a free event funded by Operation Warmheart. This evening out for families of deployed and remote personnel includes a buffet meal, door prizes and children's activities. (Photo by Airman 1st Class George Cloutier)

## Beale Safety Fair



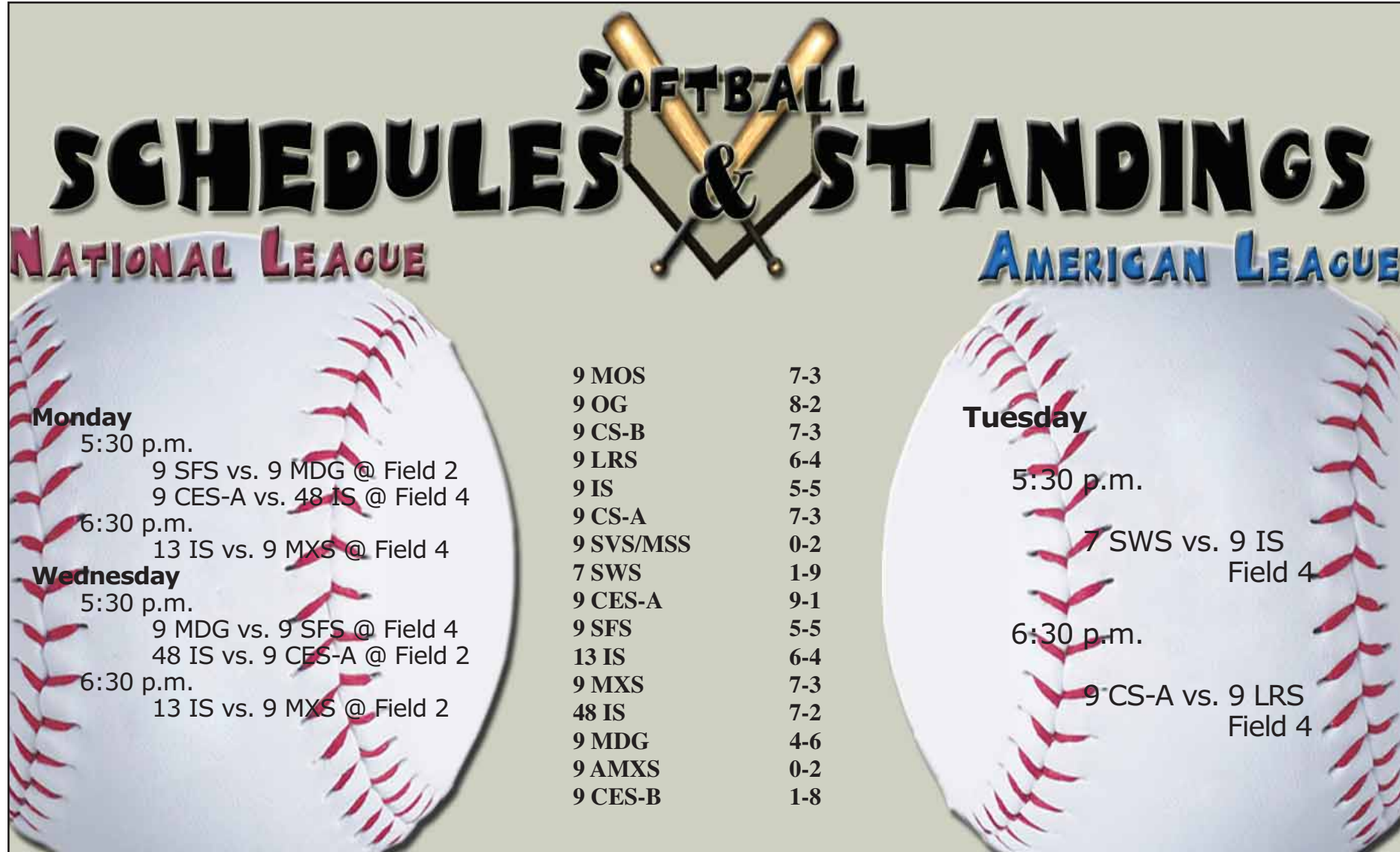
Friday, 11 a.m.  
at the  
Community Center

## Health And Wellness Center

October 2006

|                                                                                                                          | MONDAY                                                                                            | TUESDAY                                                        | WEDNESDAY                                                                         | THURSDAY                                                 | FRIDAY                                                                             |
|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------------------|
|                                       | <b>2</b><br>8-10 a.m.<br>Fitness<br>Improvement<br>Program<br>1-3 p.m. BCIP 1                     | <b>3</b><br>9-11 a.m. UFP<br>Training                          | <b>4</b><br>9-11 a.m. DASH<br>2-4 p.m. <b>BCIP/FIP/FU</b>                         | <b>5</b><br>2-4 p.m.<br><b>Stress Management</b>         | <b>6</b>                                                                           |
| Hours of Operation:<br>Mon.-Fri<br>7:30 a.m.-4:30 p.m.<br>(Closed 12 a.m.-1 p.m.)                                        | <b>9</b><br><b>Columbus<br/>Day</b>                                                               | <b>10</b><br>9-11 a.m. HLP<br>2-3 p.m. Type II<br>Diabetes Ed. | <b>11</b><br>9-11 a.m.<br>FAM training                                            | <b>12</b><br>9-11 a.m.<br>Cholesterol Awareness<br>Class | <b>13</b>                                                                          |
|                                                                                                                          | <b>16</b> 8-10 a.m.<br>Fitness<br>Improvement<br>Program<br>3-4 p.m. Pregnancy<br>Exer/Nut. Class | <b>17</b><br>9-11 a.m. BCIP 2                                  | <b>18</b><br>9-10 a.m. <b>BCIP/FIP/FU</b><br>2-4 p.m.<br>Nutrition & Exercise 101 | <b>19</b><br>9-11 a.m. BCIP 1                            | <b>20</b><br>9-11 a.m.<br>Fitness Review Panel<br>1-3 p.m.<br>Fitness Review Panel |
| For more information, e-mail<br><a href="mailto:9mdg.sgoaz@beale.af.mil">9mdg.sgoaz@beale.af.mil</a><br>or call 634-3500 | <b>23</b>                                                                                         | <b>24</b><br>9-11 a.m. HLP<br>1-3 p.m. BCIP 2                  | <b>25</b> PTL Training<br>8-9:30 a.m. Taping<br>9:30 a.m.-12:30 p.m.<br>Slides    | <b>26</b>                                                | <b>27</b>                                                                          |
|                                                                                                                          | <b>30</b> 8-10 a.m.<br>Fitness<br>Improvement<br>Program                                          | <b>31</b><br><b>Halloween</b>                                  |                                                                                   |                                                          |                                                                                    |





# SOFTBALL SCHEDULES & STANDINGS

## NATIONAL LEAGUE

**Monday**  
5:30 p.m.  
9 SFS vs. 9 MDG @ Field 2  
9 CES-A vs. 48 IS @ Field 4

6:30 p.m.  
13 IS vs. 9 MXS @ Field 4

**Wednesday**  
5:30 p.m.  
9 MDG vs. 9 SFS @ Field 4  
48 IS vs. 9 CES-A @ Field 2

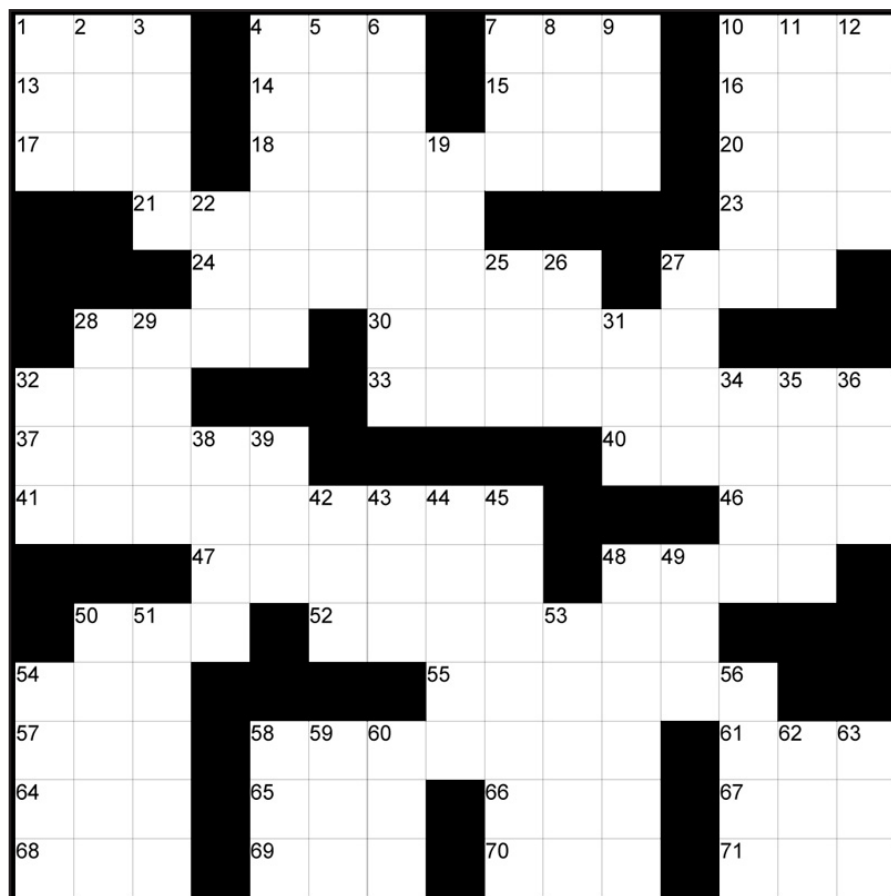
6:30 p.m.  
13 IS vs. 9 MXS @ Field 2

|           |     |
|-----------|-----|
| 9 MOS     | 7-3 |
| 9 OG      | 8-2 |
| 9 CS-B    | 7-3 |
| 9 LRS     | 6-4 |
| 9 IS      | 5-5 |
| 9 CS-A    | 7-3 |
| 9 SVS/MSS | 0-2 |
| 7 SWS     | 1-9 |
| 9 CES-A   | 9-1 |
| 9 SFS     | 5-5 |
| 13 IS     | 6-4 |
| 9 MXS     | 7-3 |
| 48 IS     | 7-2 |
| 9 MDG     | 4-6 |
| 9 AMXS    | 0-2 |
| 9 CES-B   | 1-8 |

## AMERICAN LEAGUE

**Tuesday**  
5:30 p.m.  
7 SWS vs. 9 IS  
Field 4

6:30 p.m.  
9 CS-A vs. 9 LRS  
Field 4



**Never Forget**  
By Capt Tony Wickman  
71st Flying Training Wing  
Public Affairs

## ACROSS

1. Vase
4. School agriculture org.
7. Vitality
10. Automobile
13. Afternoon beverage
14. EarthLink competitor
15. Lennon's love
16. Foreign mil. address
17. Actor Harris and others
18. East-central African country
20. USN equivalent to AFB
21. New York city
23. Mining goal
24. Incapacitate
27. Damp
28. Mil. org. who's motto is "Until they are home"
30. Car operator
32. Lament
33. Beginning of phrase on flag for observance
37. Thoughts
40. Bites
41. See 33 ACROSS, end of phrase
46. Esprit
47. Suitable to dine on
48. Actor Pitt
50. Bachelor's spot
52. North-central European

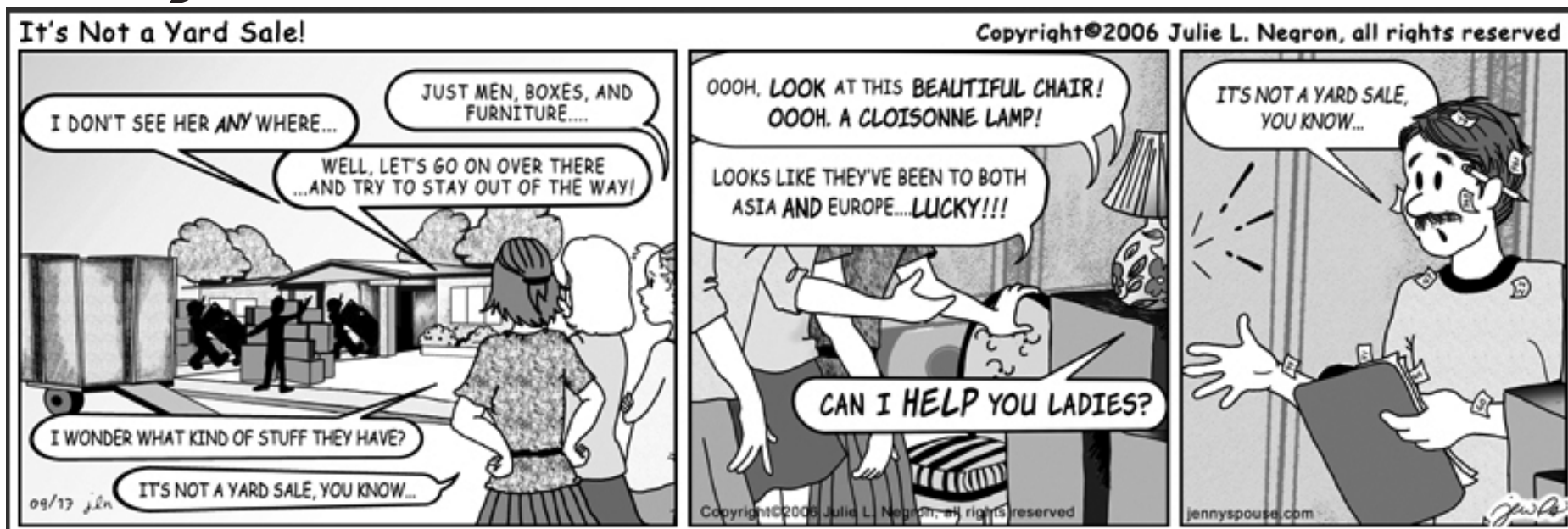
- country
54. Subject of observance, incarcerated mil. member in war
55. Wild Asian ass
57. Org. concerned with smog
58. Panavia's GR-4 aircraft
61. Ancient
64. USAF enlisted eval.
65. Auto club
66. Vietnam lunar New Year
67. Subject of observance, unaccounted mil. member
68. Product to make soap
69. Jimmy open
70. Place for doctors
71. Terminate

## DOWN

1. Southwestern American Indian
2. Color of 12 DOWN
3. NBA MVP Steve
4. Cloth
5. Penalties
6. By now
7. Male child
8. Conjunction
9. Hawaiian food made from taro
10. Lake transport
11. Detached
12. Item used to the remember loved ones to keep the faith
19. Soccer sporting goods manufacturer
22. Oklahoma city
25. Charlie's Angels Lucy
26. Desperate Housewives' Longoria
27. Small brownish songbird
28. Sport similar to wrestling developed in Japan
29. Equal
31. Unit of energy
32. Force shaping tool, in short
34. Wine valley
35. In debt
36. Kitchen measurement
38. Ripened
39. Turf
42. Dead heat
43. Cable channel
44. Singer John
45. Newborn
48. People strongly partial to one's own group with intolerance
49. 1979 Fields' movie Norma
50. In Flanders Fields subject
51. Plugged in
53. American lawyer, pioneer in consumer protectionism
54. Fruit rind
56. Home to Caesar
58. Draft
59. Paddle
60. Singer/songwriter Charles
62. Vietnam Memorial sculptor and architect
63. Father

# Jenny:

Jenny follows the adventures of a young Air Force spouse determined to overcome the challenges of a military lifestyle. Drawn from the real lives of both contributors and the cartoonist, Jenny's experiences reflect the humor, ingenuity, and sheer determination necessary to be successful as the spouse of an active duty military member.



# WWW.AirForceOneSource.com

Helping servicemembers,  
helping their families



**Family Day - “A day to eat with your children”****Monday**

Family Day is a national effort to promote parental engagement as a simple, effective way to reduce youth substance and raise healthier children.

# ‘Six pack’ leads to healthy life

By Master Sgt. Daniel Borca  
9th Services Squadron

Nice abs! They look good and feel great to have. Not all people can have fully developed abdominal muscles, but when they are exercised with resistance, aerobics and proper nutrition, anyone can have strong abs. The core, or abs as commonly known, when fully trained have greater implication than good looks.

According to American College of Sports and Medicine, a strong and lean stomach is directly correlated with good health. A Strong midsection is tied in with good posture, decreased lower back disorder and a streamlined waist.

Men and Women generally gain most of their weight in the midsection from a lack of proper dieting. For many, unwanted fat usually develops in the mid-region. When this happens, trouble can result. Diabetes, heart condition, increased cholesterol, high blood pressure or other weight-related issues are only the beginning.

For active duty members, waistline management is a critical factor in passing an annual physical test. It makes up 30 percent of the overall score.

In conclusion, working toward lean and strong abdominals is not only essential, but can have great and lasting benefit. Next time exercising, don't forget to hit the abs.

## Blackcats win Osan championship



**Staff Sgt. Jeremy Goldman, 5th Reconnaissance Squadron Blackcats, smashes a ball as his teammates look on during the first of a three game series.** (Photo by Airman 1st Class Gina Chiaverotti)

By 1st Lt. Kevin Coffman  
51st Fighter Wing Public Affairs

The Team Osan softball season came to an end Tuesday night as the 5th Reconnaissance Squadron Blackcats defeated the 303rd Intelligence Squadron Skivvy-Niners in a best of three match up.

The Blackcats were victorious taking the final two of three games, (First game: 11-9, second game: 22-9, and third game: 15-2).

The Blackcats will have bragging rights until next season.

“It was a great season and everyone enjoyed themselves,” said Senior Airman Steven Hall, 51st Services Squadron, Osan Fitness Center Sports Director..

## Honor Guard continued

The **Honor Guard** benefits include \$600 in uniforms, special BX & commissary parking decals and more. Honor Guard members receive an AFAM after one year of service and are competitive candidates for SrA Below the Zone.

SSgt George Wild of the 9 PSPTS, who's been in the Honor Guard for 1 year, says he wanted to join to pay respect to those who have served before us. "Honor Guard is the epitome of team work, self confidence and service before self." He added, "Everything in Honor Guard is taught to you so well that it is like second nature, whether it is carrying the casket, firing the rifle, or folding the flag. We are a true group of professionals and I am proud to be part of this team. To honor with dignity best represents the mission of the USAF Honor Guard."

Handpicked to serve as a member of the Beale AFB Honor Guard, my standard of conduct and level of professionalism must be above reproach, for I represent all others in my service.

Others earned the right for me to wear the ceremonial uniform, one that is honored in a rich tradition and history. I will honor their memory by wearing it properly and proudly.

Never will I allow my performance to be dictated by the type of ceremony, severity of the temperature, or size of the crowd. I will remain superbly conditioned to perfect all movements throughout every drill and ceremony.

Obligated by my oath I am consistently driven to excel by a deep devotion to duty and a strong sense of dedication.

Representing every member, past and present, of the United States Air Force, I vow to stand sharp, crisp, and motionless, for I am a ceremonial guardsman.

If you feel you have what it takes to represent every man and women in the Air Force, past and present, in ceremonial functions as well as local parades and activities, then take the next step. If you have the desire, the pride and the commitment to become a Beale AFB Honor Guard call today and set up an appointment at **634-2769**.

### MIDNIGHT BASKETBALL

Sat, Oct 14<sup>th</sup>, 10PM-12AM • Teens vs. 234<sup>th</sup> IS Air National Guard

### YOUTH BASKETBALL BASKETBALL & CHEERLEADING REGISTRATION

Oct 16-27<sup>th</sup>, Ages 5-13 • \$40 mem. \$50 non-mem.

### OPERATION NITE HOOPS

Every Sat. night. Ages 14-18 • FREE mem. \$1 non-mem.

### START SMART BASKETBALL

Jan 16<sup>th</sup>-Feb 1<sup>st</sup>, Ages 3-4. • Parent participation required,  
 \$20 mem. \$30 non-mem.

**YOUTH CENTER • 634-4953**

## EMPLOYMENT Opportunities

|                                     |                                 |
|-------------------------------------|---------------------------------|
| Cashier-Checker                     | Recce Point Club                |
| Child Development Program Assistant | CDC                             |
| Bartender                           | Recce Point Club                |
| Cook                                | Youth Center / Recce Point Club |
| Custodial Worker / Supervisor       | Lodging                         |
| Food Service Worker                 | Recce Point Club                |
| School Age Program Assistant        | Youth Center                    |
| Waiter                              | Recce Point Club                |

**NAF** The above NAF positions are available. Interested parties should drop in and complete an application.

**HUMAN RESOURCES • 634-2316**  
[www.bealeservices.com/humanresources](http://www.bealeservices.com/humanresources)

**Oktoberfest!**  
**October 14th**  
**11:00 AM - 8:00 PM**  
**Bratwurst & Sauerkraut**  
**German Beer**  
**Beale Lanes**  
**634-2299**  
**\$1 Games**  
**50c Shoe Rental**

**9TH SERVICES**  
 Be an **ACTIVE** listener when solving customer complaints:  
**A** = Ask lots of questions after the customer has finished talking.  
**C** = Clarify your understanding of the customer's problem.  
**T** = Take notes.  
**I** = Invite the customer to share in the solution.  
**V** = Verbalize empathy with their problem or need.  
**E** = Expect to be a problem solver.  
 Look here for future tips on improving the Team Beale experience.

## Sacramento Kings

**TICKETS on sale now!**



Tickets are \$44.50 each to all home games.

Don't miss your chance to get tickets from the OAC!  
 Grab your friends and reserve your seats today.

**OAC / ITT 634-4882**

## Oakland Raiders

**FREE Tickets available now!**

**Sun, Oct 22nd\***  
 vs Arizona Cardinals  
 (4:15 PM game time)

See your First Shirt for these tickets



\*Game day may change to Monday, Oct 23rd due to World Series scheduling. Your Sunday tickets will be honored.

If you'd like to travel in comfort to this game, the OAC has reserved your transportation in deluxe 56 passenger buses to the game and back for only **\$25 each**.

Each bus is equipped with video entertainment, pivoting seats, stow-away card tables. Restrooms are available onboard. Food and drink is allowed.

This generous donation has been made available by the Oakland Raider Corporation as a special thank you to all the men and woman **serving our country**. Available to **Active Duty, Reservist and their immediate family, serving at Beale AFB**. The OAC asks that you kindly adhere to the requirement request of the Oakland Raider Association. These tickets are a donation for Active Duty and Reservists and **NOT INTENDED FOR RESALE!**

## OKTOBERFEST

Quarterly-Membership-Night

**MEMBERS FREE!!**

**Guaranteed \$1,000\* Club Card Drawing!**

German Beer & Wine Tasting

German food and Music

Prize Giveaways

**October 13, 2006 • 5:00pm**

\*IF PRIZE IS NOT AWARDED ON THE OCTOBER 8th DRAWING.

**Recce Point Club 634-4948**

## Youth Dance Classes

Thurs, \$40 per month • Kids 2-7 yrs.

## Drama Lessons

Mondays • \$40 per month  
 6 years old & up.

## Play Group is back at the Community Center

Located in the Ball Room every Mon-Wed-Fri, 9:00-10:00 am  
 Bounce House • Trikes • Toys

## Book Swap

Bring a book, take a book.

## Music Lessons

Saxophone - Piano - Guitar - Violin  
 Call for details.

## Kindermusik

\$30 per month

Ages Newborn to 5yrs. • 4:00 pm

## AAFES Movie Night

Every Wed, Fri, & Sat, 6:00pm

## Community Center

**634-3140**



## Honor Guard - Stringent training, readiness, personal satisfaction

Being in the **Honor Guard** is one of the most privileged jobs in the military. The Honor Guard makes sure that the men and women who served, veterans, active duty and retired, are remembered and given acknowledgement for their service to the country and dedication to the armed services. The playing of "Taps," a 21-gun salute and the folding of "Old Glory," presented to the departed comrade's next of kin, are part of the ceremony the Honor Guard is responsible for at a funeral. The young women and men who serve in the Honor Guard are all volunteers. They do not wear name tags, nor do they receive any formal recognition. They don't do it for public recognition; they do it for personal satisfaction.

A1C James Olk with the 548 IG has been in the Honor Guard for 3 years, "I wanted to honor those whom have served before me. You really get to see a more military side of being in the Air Force. It emphasizes military bearing, excellence in every aspect of your life, the uniforms, your personal appearance, and the respect of rank." When asked what the most memorable moment of serving was, he said, "I've done so many presentations and they have all had an impact on me. There is one story that stands out from the rest. I was asked to do a joint funeral with the Navy on short notice. It was November and the rainy season was in full effect. All of the Honor Guard was concerned by the intensity of this particular storm. I remembered how the family members sprinted into the holding area to try and avoid the inclement

weather and flying debris. When we were cued by the NCOIC (Non Commissioned Officer in Charge) of the ceremony, we performed one of the best firing of 3 volleys I have ever been a part of. Afterwards we marched back to the funeral home and peeled off our soaked uniforms.

An Admiral came into the changing room and said he wanted to personally thank each one of us. He went on to say, 'That was the best performance of a funeral for a fellow fallen soldier that I have ever seen.' That's when I realized that with dedication and stringent training, 'Never will I allow my performance to be dictated by the type of ceremony, severity or the temperature, or size of the crowd.' That is a direct quote from the Honor Guard Creed."

A1C Kay Choi from the 9 AMXS has been in the Air Force for 10 months and the Honor Guard for 7 months. He said he was up to the challenge and thought it would be a nice change of pace from everyday work, "I've been able to properly send off people who served in the military, and that's a pretty prestigious honor."

Their mission is to perform standardized military funeral honors which include over



*Honor Guard members A1C James Olk, SrA Hussein Hamdan, A1C Kay Choi and SSgt George Wild during a presentation in a special visit to the Child Development Center.*

30 counties in northern California, northwest Nevada and southern Oregon. The Honor Guard team is split into three flights; red, white and blue. Each flight has a standard 2 week training program which is designed to increase ceremonial readiness and effectiveness. Training continues regularly throughout the rotations, preparing each member for the performing of funeral honors, as well as performing at several local functions and ceremonies.

**Honor Guard** continued on following page



**TJ's** will be  
**open this weekend**  
 for the 940th UTA weekend.  
**HOURS: 6:30 am-2:00 pm**  
**WEEKDAY HOURS:**  
 Mon-Thurs 6:00AM - 5:00PM  
 Friday 6:00AM - 2:30PM  
**TJ's Coffee & Deli** 788-9440

## Martial Arts Classes

**FREE DEMO Oct 17th • 6:30 pm**

*Tuesdays & Wednesdays*  
**6:30 pm - 7:30 pm**  
*at the Omni*

**\$40 per month**

*Sign up to register at the*  
**Harris Fitness Center**  
**634-2258**

## Halloween Happenings for the Kids!

### Kid's Night Out

**Oct 13th • 6:30-9:30 PM**

Enjoy pumpkin carving, pumpkin bowling, make popcorn balls & caramel apples. Ages 5-8.  
 \$3 members, \$5 non-members  
**Youth Center • 634-4953**



### Haunted House Very-Scary

**Oct 27, 28, 30th & 31st**

**• 7:00-10:00 PM**

Ages 12 & younger \$3  
 Ages 13 and up \$4  
**Youth Center • 634-4953**



### Tween Spook-tacular

**Dance Oct 20th • 6:30-9:30 PM**

Tweens dress up & have a fun night of dancing. Ages 9-12.  
 \$3 members, \$5 non-members  
**Youth Center • 634-4953**



### Haunted House Non-Scary

**Oct 27th, 28th & 30th**

**• 7:00-9:00 PM**

Theme: WILLY WONKA  
 Ages 8 & younger,  
 Canned food donation only.  
**Youth Center • 634-4953**



### Winchester Mystery House Spooktacular "Flashlight Tour"

**Oct 21st • 1:00 PM-12:00 AM**

The tour is only offered during Halloween and Friday the 13th. Ages 12 and up.  
 \$50 includes ticket & transportation.

**Outdoor Adventure Center • 634-2054**

### Family Fun Day Six Flags Fright Fest!

**Oct 28th • 10:00 AM-1:00 AM**

Your ticket price includes all rides and attractions. Costumes are welcome for those that attend. \$35 includes ticket & trans.

**Outdoor Adventure Center • 634-2054**

### Kid's Halloween Party

**Oct 25th • 5:00-7:30 PM**

Prizes for the best costume!  
 Games, Music, Prizes & Buffet  
 \$4.95 mem., \$6.95 non-mem., under 10 FREE!  
**Recce Point Club • 634-4948**

### Halloween Party

**Oct 28th • 6:00-10:00 PM**

Goodie bag to all kids in costume!  
 Prizes awarded for best adult & kids costume.  
**Beale Lanes • 634-2299**

**.75¢  
 a Game  
 Shoe  
 rentals  
 .50¢**

### Halloween Parade

**Oct 31st • 9:00 AM**

Dress up the kids in their costumes as they stroll to the Main Base offices for some early Trick or Treating!  
**Community Center • 634-3140**